

4-13-2016

Iowa State Daily (April 13, 2016)

Iowa State Daily

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Weather



WEDNESDAY
Breezy and partly cloudy

66
38

Weather provided by ISU American Meteorological Society

Police Blotter

The information in the log comes from the ISU and City of Ames police departments' records.

All those accused of violating the law are innocent until proven guilty in a court of law.

April 11

An individual reported graffiti sprayed onto a dumpster at 2129 Hawthorn Court Dr (reported at 12:25 a.m.).

Rd and State Ave (reported at 3:14 a.m.).

An individual reported a theft at Armory Building (reported at 3:41 p.m.).

An individual reported damage to several tables at 674 Bissell Rd (reported at 1:08 a.m.).

An officer was asked to check on the welfare of an individual at Parks Library (reported at 3:00 p.m.). The person was transported to a medical facility for treatment.

An individual reported damage to a vehicle at Lot 59A (reported at 6:56 p.m.).

Adrienne Brianna Slothouber, 22, of 1800 Watrous Ave Unit 120, Des Moines, IA, was arrested and charged with driving while barred and excessive speed at Mortensen

Calendar

All events courtesy of the ISU events calendar.

April 13

Global Food Security Consortium and Everson Seed and Biosafety Symposium
7:30 a.m. to 5:30 p.m. in the Scheman Building

ing Research Platforms for Sustainable Food Systems; Educating the Workforce for a Dynamic Industry; and Building Capacity through Public-Private Partnerships.

Artful Yoga
5:15 to 6:45 p.m., 1017 Morrill Hall

This practice will enrich your yoga experience by going beyond the physical and inviting an artistic perspective to your awareness.

"REAL Sustainability: Real Engagement in Agricultural Livelihoods." International experts will discuss the components necessary for addressing global food and nutrition security. The symposium will offer three sessions: Develop-

BOR wants input

By Alex.Hanson
@iowastatedaily.com

Community members are invited to give input on the upcoming Board of Regents meeting during a public hearing Thursday.

Iowa State's hearing will take place from 5 p.m. to 6 p.m. Thursday in the Gold Room of the Memo-

rial Union. Shirley Knipfel, transparency officer and assistant to the president, will preside at the meeting.

Attendees can comment on any items scheduled for discussion at the state Board of Regents meeting, which is set for April 20 and 21 in Council Bluffs at the Iowa School for the Deaf.

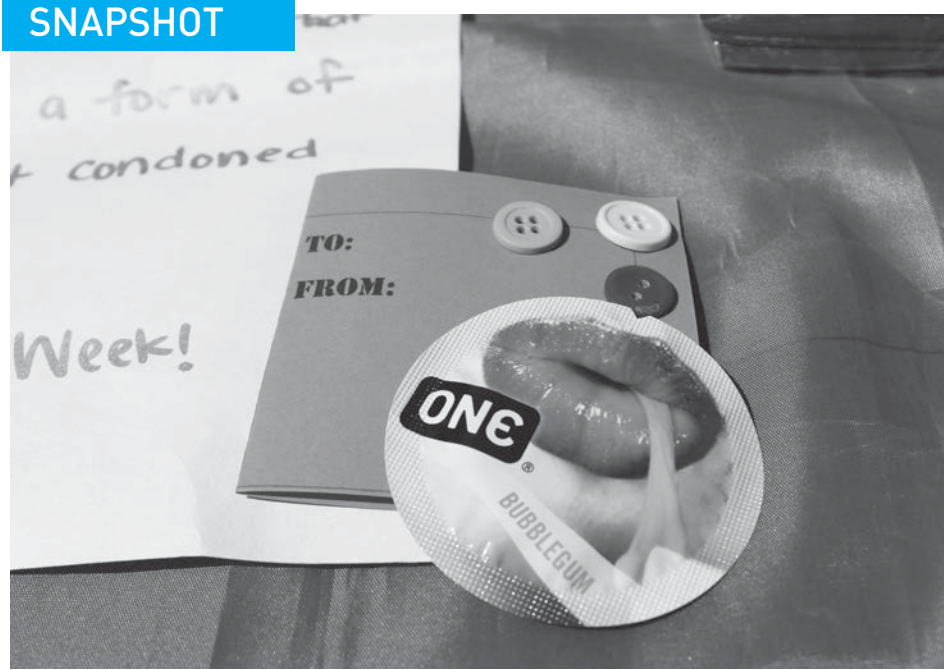
All public hearings will be video recorded and posted

to the regents' hearings website at regents.iowa.gov.

Anyone who is unable to attend the public hearing can provide written comments to regents transparency officer Josh Lehman by email at jlehman@iastate.edu.

To view the agenda for the April Board of Regents meeting, visit the regents homepage at regents.iowa.gov.

SNAPSHOT



Ashley Green/Iowa State Daily

PRIDE WEEK BOOTH SELLS CONDOMGRAMS

A booth set up for Pride Week in the free-speech zone sells condomgrams Tuesday. The booth will continue its sale Thursday and Friday. The condomgram includes a personalized message and a condom that can be sent to whomever.

Bakken faces lawsuit

By Michaela.Ramm
@iowastatedaily.com

Iowa landowners have filed a lawsuit against the Iowa Utilities Board over eminent domain use to authorize an oil pipeline that has caused major conflict in the state.

The landowners — a group of nine — filed the suit with the Northwest Iowa Landowners Association against the board at the Polk County District Court on Friday.

William Hanigan, of the Des Moines-based Davis Brown Law Firm, is the attorney representing the landowners.

The lawsuit, Richard Lamb et al v. the Iowa Utilities Board, comes after the Iowa Utilities Board voted 3-0 March 10 to approve construction of the Bakken Pipeline, which would cross through 18 counties in the state.

The lawsuit claims that Dakota Access, LLC, which will construct the pipeline, used eminent domain in a

way that violates the Constitution's Fifth Amendment.

Eminent domain is the action of government taking private property for public use, with compensation given in return to the owners of the property.

The plaintiffs also claim that the Iowa Utilities Board's actions were in violation of Article I, Section 18 of the Iowa Constitution, which limits the exercise of eminent domain. The Des Moines Register reported.

Columnist to speak

By Alex.Hanson
@iowastatedaily.com

E.J. Dionne, Washington Post columnist, will lecture Wednesday at Iowa State about the division in 2016 politics.

The Manatt-Phelps Lecture in Political Science titled "Our Divided Political Heart: Campaign 2016" will take place at 8 p.m. Wednesday in the Great Hall of the Memorial Union.

Dionne, who writes a twice-weekly syndicated column on politics for

the Washington Post and PostPartisan blog, is set to give an analysis of the 2016 presidential candidates, political parties and the road to the White House, according to the lectures program.

Dionne is a frequent commentator on ABC's "This Week with George Stephanopoulos," MSNBC and NPR. He has authored five books, most recently "Why the Right Went Wrong: Conservatism — from Goldwater to the Tea Party and Beyond."

Before joining the Wash-

ington Post, Dionne spent 14 years at the New York Times.

Dionne is a senior fellow in governance studies at the Brookings Institution and a government professor at Georgetown University. He attended Harvard College and was a Rhodes scholar at Balliol College, Oxford.

The lecture is sponsored by the Carrie Chapman Catt Center for Women and Politics, College of Liberal Arts and Sciences, Manatt-Phelps Lecture Fund, Political Science and the Committee on Lectures.

Digital Content

AMES 247

Five handy facts about Red Green

Comedian Red Green will perform at 7 p.m. Wednesday at Stephens Auditorium. Look on the app for five handy facts to know about Green before he takes the stage.

SPORTS

ISU football players save woman

Three ISU football players in South Padre Island, Texas, saved a woman whose car was submerged in a lake. Find the story online and on the app.

SPORTS

Softball hopes to break losing streak

The softball team is working to break their losing streak against Creighton, Omaha, this week. Find out how through the story online.

SELF

Study spots on campus

As finals approach, find the best study spots on campus through a list on the Iowa State Daily app.

NEWS

Stu Gov first meeting preview

The first meeting of the new Student Government members will take place Wednesday night. Find out what they're going to talk about online and on the app.

NEWS

Lecture: Future of Healthy Families

A lecture on what healthy families and the definition of family means will take place tomorrow. Find out more through the story on the app.

Corrections

The Iowa State Daily welcomes comments and suggestions or complaints about errors that warrant correction. To submit a correction, please contact our editor at 515-294-5688 or via email at editor@iowastatedaily.com.

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Manatt-Phelps Lecture in Political Science



Our Divided Political Heart Campaign 2016

E.J. Dionne, a twice-weekly syndicated columnist for the Washington Post and PostPartisan blog, will give an analysis of the 2016 presidential candidates, political parties and the road to the White House.

E. J. Dionne

Wednesday, April 13, 2016 at 8 p.m.
Great Hall, Memorial Union

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GPSS hosts annual research conference

Event includes presentations, keynote speakers

By RAKIAH.BONJOUR@IOWASTATEDAILY.COM

The Graduate and Professional Student Senate hosted the third annual Graduate and Professional Student Research Conference on Tuesday.

The conference’s agenda consisted of presentations from graduate and professional students, workshops and different keynote speakers.

Vivek Lawana, GPSS conference chair, said the conference had a “very good turnout,” it was much better than last year and consisted of a more professional setting than previous years.

“It was definitely better than last year — it’s smoother functioning, the maps helped,” Lawana said. “I even saw some professors who knew their students were presenting who said, ‘Oh, my student is presenting, I should go,’ which is nice to see.”

The presentations included oral sessions, poster presentations, three-minute thesis presentations and impactful innovations.

Jonah Cullen, vet diagnostic and production animal med graduate student, presented his three-minute thesis on the examination of epidemiological study designs in veterinarian science.

Jordan Arellanes, human development and family studies graduate student, presented his three-minute thesis on the examination of Latino youth education through ecological factors.

“It’s important to have a place free from fear,” Arellanes said during his thesis presentation.

Kathleen Gibson, amino biology graduate student, said the three-minute thesis presentations were one of her favorite parts of the conference.

“I liked how you take this mess of a thesis and cram it into three minutes and something that a variety of an audience can understand and relate to,” Gibson said.

Keynote speakers for the conference included Thelma Harding, McNair Director for the graduate college; Jorge Cham, creator of PHD Comics, “The PHD Movie” and “The PHD Movie 2” and Catherine Kling, distinguished professor of economics.

Harding’s presentation was geared toward undergraduate students, her topic being how to choose

and apply to graduate schools.

Kling spoke about growing up in Iowa studying economics and how that led her to becoming a National Academy of Sciences (NAS) member.

Cham closed the conference with a satirical presentation on “the power of procrastination.”

Lawana said one of the many benefits of attending the conference is the ability to interact with other graduate students outside of their respected departments, with which Gibson agreed.

“I really enjoy the interaction from other graduate students,” Gibson said. “I don’t get to do that outside of vet med, so it’s nice to hear from other graduate students.”

Lawana said he sees the conference growing as the years continue and hopes to have more involvement with the Alumni Association and a collaboration with the graduate and professional career fair.

He said he hopes to transform the conference into a two-day event so each session has bigger time slots and so students don’t have to worry about scheduling conflicts.

Lawana said he also hopes to be able to reach out in advance to undergraduate students to boost their attendance.



Michaela Ramm/Iowa State Daily
Jorge Cham, the the creator of “PHD Comics,” speaks to a gathering of graduate students Tuesday in the Campanile Room of the Memorial Union.

BOR p1

Dickson Jensen and Lu-ann Jensen

Iowa State seeks approval to enter into a lease with Jensen in Ames to construct a 16,000-square foot Tennis Performance Center for use by the women’s tennis program.

The proposed facility is located near the Sukup Basketball Complex southwest of Central Campus.

The tennis facility currently used for indoor tennis practices and competitions has been sold to a local church and would be no longer suitable for a Big 12 women’s tennis program, according to documents.

The proposed lease term is five years at a rental rate of \$540,000 per year with an option to buy at the end of those five years for \$1, according to documents. Upon completion, the property value is estimated to be \$2,500,000.

The University has received a lead naming-rights gift of \$500,000 for the facility, according to documents.

SBA Steel II, LLC

Iowa State is also seeking to enter an agreement with SBA Steel of Henderson, Nevada, to lease space at SBA’s radio tower in Knoxville, Iowa.

The leased space would allow for upgrades of the radio equipment for university-owned stations KICL-FM and KICP-FM, currently operated by Iowa Public Radio.

The proposed lease term is five years at a rental rate of \$16,500 per year with an option to extend the term up to four additional five-year periods, according to documents.



Alex Connor/Iowa State Daily
The Ames City Council meets Feb. 23. The council met Tuesday, when it decided it had no formal guidelines for naming parks.

COUNCIL p1

munity where non-monetary contributions to the community are equal,” Beatty-Hansen said.

Council members discussed several options to act on the proposed naming policy. Options included voting on the naming policy as is at the next scheduled meeting, directing city staff to incorporate changes into the naming policy, request more research for the policy or reject the policy altogether.

Makenzie Heddens, ISU alumna and a friend of Tsushima, addressed the council about the request that spurred the naming policy.

“We would actually appreciate council consider-

ing moving forward with our request to name the skate park after Georgie separate of this naming policy,” Heddens said. “I do think it’s really important to honor the request of your constituents and sort of grandfather us in, if you will, with the current provisions or lack thereof.”

Council members voted 5-1 to incorporate changes to the naming policy, including eliminating the three-year waiting period. They voted 6-0 on a separate motion directing city staff to amend donor requirements.

The Tsushima request would presumably fit the requirements for consideration under the proposed change.

RED GREEN p1

ness, so Smith took Red to another level and started “The Red Green Show.”

“Red Green was supposed to be a summer job in 1990, but it’s been an endless summer,” Smith said.

The program ran on public television in the United States and was in production from 1991 to 2006. It still airs on Saturday nights on IPTV. Smith has uploaded episodes from the show to YouTube through the official Red Green channel.

Each episode features short segments with Green and his friends that took place at a men’s club called Possum Lodge.

The “Handy Man Corner” segment of the show features Red’s skills as he tackles home improvement and repair jobs in a comedic fashion. For instance, Red would cut corners and use simple items to get the job done, such as duct tape.

In fact, Smith said about 100 rolls of duct tape were used in each episode.

He said the way Green goes about his handy projects is based off of how men sometimes want to get repairs done fast rather than doing the job right.

“Welding or drilling holes and bolting, that takes time,” Smith said. “Duct tape, five minutes [and] you’re done. Men don’t care if they have to do it again in three months.”

Some of his past projects include a snowmobile made out of a water heater and toboggan, a toilet intercom and even his own customized homemade cars, such as his Cadillac backhoe, Hummer and hybrid vehicles.

“Probably my favorite was the last episode,” Smith said. “We did 300 episodes, and the last episode was [when] I made a perpetual motion machine that wouldn’t work. I couldn’t get it started.”

Even though Smith played an over-exaggerated “Handy Man” character on the show, he said he is quite the handyman himself and that he grew up that way.

“I grew up in a big city, Toronto, and I ended up moving out in a more rural area,” Smith said. “I ended up working on farms and doing stuff,” Smith said. “We would buy a car for \$50 and figure out how to make it go.”

Smith also recalled the catchphrases he used in each episode of “The Red Green Show” such as “Keep Your Stick on the Ice” and “If the women don’t find ya handsome, they should at least find ya handy” were also things that came to him as he grew up.

The show came to a close in 2006, and Smith said he enjoyed working with everyone on it, but he also expressed that he doesn’t regret that it is over. Smith

said he was grateful for the time on the show and the work he had done.

“I’m not a guy who looks back and thinks, ‘I wish I was still doing that.’ I’m always looking at what’s next,” Smith said. “I really enjoyed doing the show, working with those guys. I can’t remember having an argument with anyone of them. It was just like a bunch of friends having fun.”

This latest tour will catch up with Red Green, but Smith has always put Red’s thoughts on different aspects of life into his past shows.

“Well, you know Red primarily has a point of view,” Smith said. “He had that point of view when he was 7 years old and he’s got it at 70. And as long as he lives, he’ll have that same point of view.”

Smith also expressed his excitement to perform in front of a crowd again. He said this is what keeps him touring and why he loves the connection with the audience.

“For me, that’s why I do [comedy],” Smith said. “I’m not out there trying to tell them how to live. I’m not angry, [and] I’m not obscene. It’s just finding out there are other people in the world like me is kinda comforting.”

To find out more about Red Green’s upcoming performance, visit the Iowa State Center’s website.

Program changes

Iowa State is seeking the following changes to two programs:

The first is changing the name of the current bachelor of design program to the bachelor of arts program in interdisciplinary design in the College of Design. The proposed program name change will meet the accreditation requirements of the National Association of Schools of Art and Design (NASAD), according to documents.

The second change is to merge the anthropology and world languages and cultures departments and to name the new department as the department of world languages and cultures in the College of Liberal Arts and Sciences.

The change “will allow Iowa State University to focus on strategic priorities and to strengthen academic programs while gaining administrative efficiencies,” according to documents.

Elect President and Pro Tem

The board will elect a president and president pro tem to serve for a two-year term beginning May 1. Bruce Rastetter, agribusiness leader from Alden, is currently president, and Katie Mulholland, retired superintendent from Marion, is currently president pro tem.

The full agenda can be found at regents.iowa.gov.

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Courtesy of Wikimedia Commons
Columnist Moran argues that the D.A.R.E. program, which was created in 1983 to empower students everywhere to respect others and choose to lead lives free of violence, substance abuse and other dangerous behaviors, has little to no effect on students today.

D.A.R.E. is outdated

Positive message has minor effect on target audience

By Ben.Moran
@iowastatedaily.com

Remember Daren the Lion? He was the mascot for the D.A.R.E. program most kids took in elementary school. On that note, do you remember the D.A.R.E. program and what it taught? About 95 percent of people who took the course don't.

The D.A.R.E. program is still active today, and let's be honest, it's not doing as much as it used to.

The vision of D.A.R.E. was to create "A world in which students everywhere are empowered to respect others and choose to lead lives free from violence, substance abuse and other dangerous behaviors."

To give some insight, D.A.R.E. was created in 1983 in Los Angeles to fight the high drug usage rates. In 1986, the Drug-Free Schools and Communities Act was passed by Congress, and D.A.R.E. spread like a wildfire.

At first, the 17-lesson course was quite effective. Ironically, once studied, the D.A.R.E. program had no effect and even had an increase in drug, alcohol and cigarette usage after the course had been completed, according to the National Institute of Justice.

Multiple studies disprove the effec-

tiveness of D.A.R.E. Although it may increase relationships among students, teachers and police officers and has a few added benefits, D.A.R.E. is failing to perform its main vision of preventing drug and alcohol usage.

One study by the California Board of Education found that 40 percent of students felt the program had "not at all" influenced them, and 70 percent of students had neutral or negative feelings about the leaders of the program.

Let's take a step back from all of the statistics and take a look at the program as a whole.

While the D.A.R.E. program has a positive message and may have a few hidden and added benefits, it is failing to prevent children from using drugs, alcohol and cigarettes. It might actually be increasing usage rates.

Granted, kids are quite impressionable. Trying to prevent generation after generation from using drugs and alcohol is not an easy feat. As society continues to plaster drug usage and alcohol consumption in advertising and mainstream media, kids are going to take notice and accept it as the norm.

The National Institute of Drug Abuse posted a study with facts from 2013 relating to drug, alcohol and tobacco usage. The study found that 55.8 million American kids 12 and older were using cigarettes, 22.7 percent of kids between 12 and 20 years old consumed alcohol and 55.8 million American kids 12 and older were using drugs.

In today's mainstream society, alcohol and tobacco are much more acceptable than in past years, and drug

usage is becoming more common. That means D.A.R.E., theoretically, should be more important. The change in culture should result in change in the D.A.R.E. program.

I'm not saying there's a need to scrap the program all together, but there is a need to seriously reevaluate it. The D.A.R.E. program consumes about \$750,000,000 annually. Continuing to spend that insane amount of money is unnecessary, especially when thinking about all of the other ways that money could be used to help other organizations.

D.A.R.E.'s message is positive, and I agree that kids need to learn about alcohol, drug and tobacco usage at some point in their early childhood, but the D.A.R.E. program has often proved to be ineffective. Just because D.A.R.E. worked for one generation doesn't mean it should keep attempting to make it work for each succeeding generation.

A change in time requires a change in approach. What worked in 1983 is clearly not working now.

Social media has changed the way young people learn about society and consume media, which means tackling the issue of drugs the old fashion way simply won't work.

Ways to raise awareness and prevent drug, alcohol and tobacco usage still exists, but the D.A.R.E. program isn't one of those ways anymore.

The D.A.R.E. program needs to be revamped and better tailored for today's society, but the current program isn't worth the time or funding it's been given.

LETTER TO THE EDITOR

Republicans in position to beat Hillary

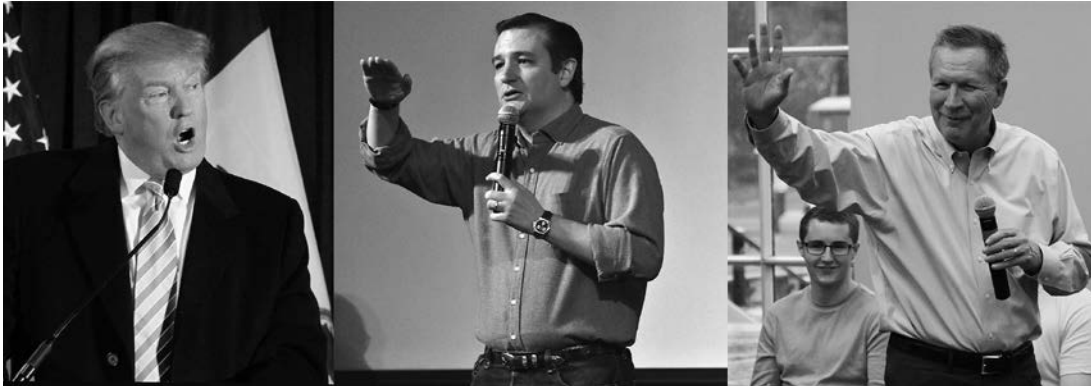
By John Thompson
State Central Committe for the Republican Party of Iowa

4th District Republicans met Saturday to elect delegates to the National Convention and to pick the leadership of the state party for the next two years. Four years ago the Ron Paul campaign had a well organized delegate grabbing strategy and used the opportunity to replace the board of directors.

Insiders feared that the same strategy by the Cruz campaign may change the party leadership and lead to a dysfunctional organization. The Cruz campaign managed to sweep the delegates across the state but most of the board remained the same. I was humbled to be the top vote-getter statewide as I was re-elected to the board along with the other three members serving in the 4th District.

The delegate game in Iowa played out in the same way it has across many states; a well organized strategy by Cruz swept 11/12 the spots to vote at the Republican National Convention in Cleveland. He also won a majority of the committee that will determine the slate for the remaining spots up for grabs at the State Convention.

The delegates are bound on the first vote to reflect the outcome of the February caucuses but afterward they are free to vote their conscience. I don't think the Trump campaign has dropped the ball on this. We are seeing record turnout in primaries and caucuses across the



Iowa State Daily
John Thompson, State Central Committee for the Republican Party of Iowa, believes Donald Trump as the GOP nominee, could challenge Democrats for traditionally blue states, but believes a Cruz campaign would likely follow the traditional red-blue states.

state. The Trump voters tend to be newbies to the process that have felt disenfranchised. New voters aren't familiar with the procedures that take us through conventions.

On caucus night in Iowa, many of the Trump voters left after casting their ballot. The Cruz team has gained momentum. It has picked up more and more of the traditional Republican activists and voters. If Trump cannot lock up the nomination on the first vote, he will have a tough time in Cleveland.

The Trump voters have had interesting trends. In Massachusetts, many blue-collar and Union voters either switched parties or showed up for the first time in a primary. If Trump can keep getting these demographics at the top of the ballot, it gives the GOP some new opportunities. He could win states such as Pennsylvania and Michigan. He could make Democrats fight for

New York. He could also help some new places in Iowa go red.

In Iowa cities such as Newton and Ottumwa, the local people tend to be blue-collar conservatives. However, growing up in the Union hall keeps them voting Democrat. I've been encountering more and more people at Republican rallies who had been family union folks who were being tuned off by the hostility toward religion and family values among the Democrat leadership. They are equally upset that the environmental kooks prevent new job opportunities like the Keystone XL pipeline.

The GOP presidential nominee will change the organization and data we use to run our candidates in the state this cycle. It also puts Congressman Loebsack in a potentially awkward position. We fielded a traditionally independent medical doctor, Christopher Peters, to run on our ticket. He is not as confrontational or stubborn as typical partisan candidates, and his military

service will go over well in the district. It will also give the party of Lincoln some more resources to fight in some key state Senate seats where Democrats currently have us with a 26-24 majority. We ceded no opportunities and have candidates in 23 of the 25 races. Democrats fielded 18.

A Cruz campaign will likely follow the traditional red-blue states as a baseline, and we will all fight for the swing states. Along the way, Hillary will secure the nomination in what appears as a christening that leaves all the Bernie Sander supporters reeling at home. The Democratic chairwoman will continue to give us gifts like when she was asked why Democrats have super delegates.

"[Super] delegates exist really to make sure that party leaders and elected officials don't have to be in a position where they are running against grassroots activists."

She's the best DNC chair Republicans have ever had. I like our chances in November.

EDITORIAL



Courtesy of Wikimedia Commons
The Iowa Board of Medicine denied a petition that would ban gay conversion therapy in Iowa.

Illegalize conversion therapy

The Iowa Board of Medicine on Friday denied a state Youth Advisory Council petition that would prohibit Iowa doctors from practicing gay conversion therapy on minors, saying instead it would form a subcommittee to study the issue.

Multiple presenters told the board Friday that conversion therapy considers being gay as a mental illness and is damaging, and according to the Human Rights Campaign organization, is a set of "discredited practices that falsely claim to change a person's sexual orientation or gender identity or expression."

Homosexuality has been removed from the American Psychiatric Association's list of mental disorders.

The American Psychiatric Association states that it "opposes any psychiatric treatment such as reparative or conversion therapy which is based upon the assumption that homosexuality per se is a mental disorder or based upon the a priori assumption that a patient should change his/her sexual homosexual orientation."

The U.S. Department of Health and Human Services states "there is no evidence that sexual orientation can be altered through therapy, and that attempts to do so may be harmful. There is no empirical evidence adult homosexuality can be prevented if gender nonconforming children are influenced to be more gender conforming. Indeed, there is no medically valid basis for attempting to prevent homosexuality, which is not an illness."

Rejected LGBT youth who go through conversion therapy are eight times more likely to attempt to commit suicide, six times more likely to report high levels of depression, three times more likely to use hard drugs or alcohol and three times more likely to contract an STD, according to the Human Rights Campaign.

Chuck Hurley, the vice president of The Family Leader Foundation, told The Associated Press the policy doesn't address the people who want to seek therapy.

"I would encourage you to be very careful about limiting the therapy that's available to parents and children who are struggling with perhaps a same-sex attraction or a gender identity confusion that they don't want," he told The Associated Press.

It's one thing if the individual seeking conversion therapy is a fully aware adult, voluntarily entering a program of their choosing. It's another if a 12-year-old is coerced into attending the therapy with the belief they will be ostracized from family and friends if they don't get "cured."

From a religious perspective, people have the right to believe whatever they believe and take whatever steps they feel necessary. If a family together decides that going to a religious leader with questions is the way to go, by all means.

However, looking at conversion therapy from a clinically scientific perspective, medically treating homosexuality as a "mental disorder" is not healthy, can emotionally damage a young person, and quite frankly, shouldn't be legal. No matter what you believe, there is no scientific medical proof that this is a safe method for minors.

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Cover up using cautious approach

Know when to wear which type of undergarment

By Alanna Hill
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Even in today’s overly sexualized society, vagina is still a “dirty” word. While you might not want to talk about it outright, women need to make sure their good friend “Gina” stays healthy. While some may not think about it, underwear can make or break the health of your vagina.

With it being so close to your lady area at all times, the right pair of underwear is crucial. Starting off, the notion that going “free bird” is healthier for your body is not always true. Going sans underwear during the day can leave you at a higher risk for infection.

Underwear protects the super sensitive female genitalia; tight-fitting clothing rubbing against the body is both uncomfortable and potentially unsanitary. No



Women's underwear comes in a wide variety of styles, ranging from thongs and cheekies to briefs, and can be made from fibers such as nylon, polyester and cotton. Each style has its own benefits and disadvantages, and different types of underwear are designed to be worn at different times.

underwear while sleeping is generally seen as OK. Skipping underwear at bedtime can help the vagina breathe, which helps maintain PH levels and prevent odor.

A large part in choosing the right underwear is fiber content. Many college students don’t think about the fiber content and care of their clothes, let alone their undergarments, but checking the labels of your thongs, cheekies and briefs can help you make sure

your vagina is safe and comfortable.

Cotton is king. While there are pros and cons to each fiber content, cotton is the safest bet when it comes to everyday underwear. Cotton is lightweight and breathable since it is a natural cellulosic fiber. It is hypoallergenic, while a nylon or polyester man-made fiber is not.

Nylon is made from petroleum and is often treated with a permanent chemi-

cal finish. Neither of these things sound very appealing to be so close to your downstairs.

A time when a man-made fiber such as nylon or polyester can be beneficial is during heavy exercise. Cotton soaks up moisture and can leave your underwear feeling wet and heavy.

Nylon and polyester can help wick moisture away and keep your vagina dry. The downside is man-made fibers can hold in heat,

making the nether regions warmer than wanted. A hot crotch region can lead to itching, a rash and discomfort.

While women have been steering away from the thong with the popularization of underwear such as Calvin Klein, thongs are a large portion of some women’s underwear collections. Your friends might have made fun of you in middle school for not wearing a string between your cheeks,

but your 13-year-old self might be the one getting the last laugh.

Thongs provide an easy bridge for bacteria to travel from your anus to your vagina. Thongs might provide a panty-line free aesthetic, but they could also provide you with a urinary tract infection. You don’t have to toss out all of your lacey thongs, but wearing them in moderation and avoiding them entirely during exercise can help keep you and your vagina healthy.

The vagina is sometimes neglected in some women’s health care routine, but paying attention to what it has to say is vital. If a pair of underwear leaves you feeling uncomfortable, itchy or with a rash, it is safest to throw it out. Underwear should be replaced every six months to one year.

If your vagina is telling you something, listen. Don’t be afraid to talk with your doctor about any funny business going on, and make sure to get your pap smear at least every three years. Making sure your closest friend is healthy will keep you both happy.

Spread sexual assault awareness

By Christine Hopkins
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April is Sexual Assault Awareness Month, which aims to bring attention to the issue of sexual violence around the world.

Its goals are to educate the public on sexual violence, empower communities to support victims and create a safer environment for all people.

One in 5 women and 1 in 16 men are sexually assaulted while in college, according to a 2007 Campus Sexual Assault study. For women, several studies have shown that this ratio remains about the same for the duration of

their lives.

Among the transgender community and especially transgender people of color, the rate of lifetime sexual violence is likely higher than 1 in 2, according to the U.S. Department of Justice’s Office for Victims of Crime.

Sexual Assault Awareness Month got started through activism around the world dedicated to protecting people of all genders — and all professions, including sex work.

In the 1970s, women in England organized the first Take Back the Night marches, referencing the violence they faced walking the streets at night. By decade’s end, Philadelphia,

New York and San Francisco organized their own Take Back the Night events, with European cities such as Brussels, Rome and Leeds, England hosting similar “Reclaim the Night” events.

As Take Back the Night spreads worldwide, its focus evolved to include male victims of sexual violence, domestic violence awareness and violence against sex workers.

Sexual Assault Awareness Week emerged in the United States in the 1980s after a nationwide poll by the National Coalition Against Sexual Assault to determine the best month for it to take place. While only one week in April was officially recog-

nized, activists organized events throughout the entire month, leading to the establishment of Sexual Assault Awareness Month.

The first Sexual Assault Awareness Month was recognized in the United States in April 2001. In 2009, President Barack Obama became the first president to acknowledge April as Sexual Assault Awareness Month.

Since 2002, the National Sexual Violence Resource Center (NSVRC) has assigned a theme to each Sexual Assault Awareness Month. The first month to officially recognize sexual violence on college campuses was April 2010.

This year, NSVRC’s theme

focuses on the factors that go into preventing sexual assault, from bolstering safety within communities to promoting healthy relationships.

The Iowa Coalition Against Sexual Assault in Des Moines also has a prevention theme this year called “Parents for Prevention.”


The resources provided on its website are focused on parents talking to their children about consent in its most basic forms: asking before hugging or kissing others, respecting when others say “no” and conveying that the children are allowed to say “no” themselves.

For more informa-



Courtesy of Wikimedia Commons
The teal ribbon is a symbol of Sexual Assault Awareness Month.

tion about Sexual Assault Awareness Month, visit the National Sexual Violence Resource Center’s website at www.nsvrc.org/saam/ or the Iowa Coalition Against Sexual Assault’s website for its 2016 campaign at www.iowacasa.org/#saam/cu2z.



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BEHIND THE BADGE p1

the Armory, a building that community outreach officer Anthony Greiter often refers to as a place where they put all of the misfits.

For more than a decade, the ISU Police Department has operated a Citizen Police Academy (CPA), where students, faculty, staff and community members are able to advance their knowledge when it comes to law enforcement and what they do on a regular basis.

This is done through an eight-week course, where for three hours every Thursday, participants learn about Iowa Code, how to pull someone over, firearms training, etc.

With 12 participants to begin, which eventually dwindled down to eight or nine, soda and cookies lined the conference room weekly as officers stood front and center explaining what they do, as participants often sat wide-eyed and full of questions.

ISU Police Sgt. Jason Rieder begins his presentation, voice stern and straightforward. His topic? Use of force.

He outlines the details, including why officers use force and what reasonable force is. He asks the participants what makes a reasonable person and who determines reasonableness?

Rieder discusses that just by being in uniform, officers demonstrate a use of force.

The other options are verbal persuasion, a chemical agent such as pepper spray, a conducted energy weapon such as a taser, physical strength, impact weapon and deadly force.

“Our goal is to solve the problem with the first two steps,” Rieder said.

“It’s not only just exposing the community to what the life of a police officer is, but it also helps build those community relationships.”

ANDREW STARCEVIC
SENIOR IN INDUSTRIAL TECHNOLOGY

He also discusses the fine line the use of force walks. While it boils down to two reasons: the effect on the arrest or to defend themselves or others, no officer has any way of knowing what a situation may entail.

Rieder explains the Teller Drill, a self-defense training exercise that prepares an officer against a short-range, 21-foot knife attack when only armed with a holstered handgun.

The scenario demonstrates a “danger” zone in which an attack is presented as a clear threat to the officer, and he or she is safe to use deadly force.

Pacing the hallway to measure 21 feet, Rieder asked for two volunteers. He gives one an airsoft gun and the other a “big, red

floppy knife.” He demonstrates how to take the gun out of the holster and asks the participant to shoot at the wall twice.

He then has the volunteer with the knife run at the other person, tapping the participant with the knife on the shoulder once the “attacker” starts running.

The attacker “stabs” the participant, who has the gun before they can get it out of its holster. They do this again until the defender successfully fires her gun before being stabbed. And again.

Lt. Elliott Florer, community outreach officer, has been leading the program since 2006.

“We wanted to find a way that our department could give back to our community,” Florer said in an interview before the academy began in February. “I think the biggest question that we got, and still get in law enforcement is, ‘what is your job really like?’”

Some of the participants signed up for the academy because they wanted to expand their knowledge on law enforcement, while others joined because they are eventually going into law enforcement.

Shri Mailachalam, junior in chemical engineering, signed up for the academy because as a community adviser, she interacts with police regularly and has always been fascinated with law enforcement.

“I’ve had quite a bit of

experience with communicating with the police, and I really appreciate what they’ve done for the residence hall and especially with what they’re still trying to do with their outreach program,” Mailachalam said.

After discussing her interest in law enforcement with her hall director, who suggested the CPA, Mailachalam signed up after realizing the academy was something completely “up her alley.”

“I’ve always been curious with just the investigation side, and I’ve even thought about pursuing a career in it,” Mailachalam said.

She said she was excited for the opportunity to see the police department side and how it runs, along with how its work connects to the community and her residence hall.

Mailachalam said that while her perception of law enforcement hasn’t changed too much, she feels she learned a lot from the academy.

“[It’s] kind of opened my mind to the more serious side of the police,” Mailachalam said.

Saying she often got caught up in the sensational side of the police, Mailachalam discussed how television and the media often portray law enforcement through car chases and the thrill, but there’s also paperwork and professionalism in their job description, too.

Mailachalam said the

class that was most impactful for her was when they were asked to observe use of force and watch videos of regular traffic stops and when they would suggest the officer should use force.

The videos, which often resulted in the death of a police officer or of a citizen, was an eye-opener for Mailachalam. Her favorite part of CPA, however, was when participants were able to run through traffic stops and drive one of the patrol cars.

Mailachalam hopes to take another CPA in Des Moines and described the ISU Police CPA as a rewarding experience.

Andrew Starcevic, senior in industrial technology, also participated in the academy, marking his third go around. He said he was most looking forward to seeing the campus side of law enforcement.

“It’s not only just exposing the community to what the life of a police officer is, but it also helps build those community relationships,” Starcevic said.

Campus law enforcement, as revealed through the academy, do exactly what regular police officers do, along with dealing with a lot of public intoxications.

Deputy Chief Darin Van Ryswyk asked, “What do police officers do?”

They enforce the law, they interact with the community, they give tickets and they arrest people, but they also investigate

crimes, get into gunfights and car chases, the participants said. That is how, like most citizens, we see law enforcement.

Ryswyk accredited some of the answers to the glamour of television and the ability that television cops have to be a able to solve a murder case in less than 24 hours.

In reality, officers work late into the night and early into the morning, often times missing holidays, birthdays and anniversaries. It’s a job that not everyone can take on.

We help people, we help society, Ryswyk said, adding that as officers they live by the rule of the law.

Upon graduation of the academy, as Grieter and Florer handed out small placards in a diploma-style fashion, smiles could be seen throughout the room.

Greiter and Florer discussed what they hope to do for future academies, including revamping the curriculum.

Florer said they are looking into ways to create a new and fresh experience with a more hands-on dynamic.

He said people see bits and pieces of what law enforcement does but do not see the continuum in which police work.

Florer said he liked the class and that every year is a bit different.

Ultimately, Florer said he believes the officers take more away from the class than the citizens.

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